



**TRAMPOLINE DMT & TUMBLING
COMPETITION HANDBOOK**



The GNI Trampoline Technical Committee and GFA reserve the right to make amendments to this JumpStart Handbook. Notification of a change to the handbook will be communicated via email to each club. All versions will be listed on this page, with reference to amendments made

DATE – SUNDAY 17TH NOVEMBER 2019 10AM TO 5PM

VENUE – FLIGHT GYMNASTICS ACADAMEY

**BALLYCRAIGY BUSINESS PARK, ANTRIM ROAD,
NEWTOWNABBAY BT36 4RG**

GYMNET ENTRY CLOSING DATE 21ST OCTOBER 2019



Dear Club/Coach,

Welcome to Jumpstart a competition aimed at low level and recreational Trampoline, Double Mini Trampoline (DMT) and Tumbling. This event is the perfect stepping stone into NDP competition or just a fun opportunity for recreational gymnasts to put their hard work to the test. If you have any questions about this handbook or need any other info please contact Denise Beagon on 07734267755 or email to dd_deniseb@yahoo.co.uk.

Good luck to you and your Gymnasts at this event.

Simon Flannery

Chair Person GNI Trampoline Technical Committee.

CONTACT DETAILS

Chair TTC - Simon Flannery flannerysimon@hotmail.com

Event Organiser – Denise Beagon dd_deniseb@yahoo.co.uk

The competition will follow the British Gymnastics Competition Code of Points available on www.british-gymnastics.org.

Coaches will be notified when Gymnet entry is open. Closing date for entries is 21st October 2019

Time-table and start list will be released 2 weeks before the competition date.



Eligibility

All persons attending JumpStart events in an official capacity, whether as gymnast, coach or judge are required to hold a current BG membership in line with the level of competition entered and awards held.

MEMBERSHIP LEVEL: Gymnasts may be Bronze members to compete at any NI based event.

ENTRY RESTRICTIONS – Any gymnast who has entered a regional event at NDP 2 or above is not allowed to enter this competition.

SUPERVISING COACHES - Each club must be signed in by a supervising coach who must be in the hall at all times during the event. This coach must be qualified to the level of the skills being performed before the gymnast is allowed to participate. All coaches attending JumpStart event must be Access NI approved and have attended a Safeguarding Course.

JUDGES - British Gymnastics does not require judges to complete an Access NI check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within Access NI Eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

Clubs must try and provide a minimum amount of judges and volunteers for the day. If you do not have any qualified judges to represent your club then a judge MAY be appointed on your behalf but you must then fulfil the maximum quota for Marshalls or Recorders for the whole day. The numbers of officials needed is across all disciplines and is a total of your entry combined. Judges will be used as the event officials see fit and may be required to judge at either discipline.

A judging/ recording/marshalling course/workshop is being considered before the event details will sent out to coaches. This is to help ensure that all clubs meet the required quota.

1 to 10 gymnasts requires x1 judge x3 recorder, marshall or volunteer.

11 to 20 gymnasts x2 judges x4 or more recorders, marshalls or volunteers.

21 plus gymnasts x3 judges x 5 recorders marshalls volunteers



Age Policy - Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of competition. The minimum age for entry is 5 years old

Age 5/6, Age 7/8, Age 9/10, Age 11/12 & Age 13+

Boys and girls will compete separately.

5 and 6 years born 2014 and 2013

7 and 8 years born 2012 and 2011 ☒

9 and 10 years born 2010 and 2009 ☒

11 and 12 years born 2008 and 2007 ☒

13 years plus born 2006 and before ☒

Entry Process - Entry to all GNI events will be through online entry system in BG Gymnet, where payment will only be accepted using debit/credit card. Cheques and bank transfers will NOT be accepted. Entry **Fee Individual £8 (per discipline) Synchro £12 per pair.**

Methods of Payment - Payment will be made using debit/credit card through the online entry system in BG Gymnet. ENTRY FEES ARE NON-REFUNDABLE AFTER THE CLOSING DATE.

Late Entries - Late entries cannot be accepted.

Withdrawals and Substitutions - Amendments to an entry will NOT be accepted on the day of the event. Amendments/ substitutions will be accepted for 48 hrs after the programme for the event has been published.



General Regulations

Registration - The Supervising Coach must register and sign the club in with the Event's Organiser at the beginning of the Event. A club who have not signed in will not be allowed to compete. Any gymnasts performing skills above the level of the Supervising Coach will be asked to remove those skills or be removed from the competition.

Competition Attire Level 1 : Plain White T-shirt, plain shorts and white foot covering or leotard as per level 2 - 6

Level 2 – 6 : Male gymnasts: Sleeveless leotard or short sleeved singlet. Gym trousers in a single colour, except black or any other deep dark colour. Gym shorts may be worn. Trampoline shoes and/or white foot covering. DMT: Shorts must be worn and white shoes/white foot covering **MUST** be worn. Tumbling: Shorts must be worn and white shoes/white foot covering **MAY** be worn

Level 2 -6 : Female gymnasts: Leotard or unitard with or without sleeves. Shorts may be worn but must be the same colour as leotard but it is preferable to wear leotard only. White socks / foot covering / trampoline shoes. DMT: White shoes or white food covering **MUST** be worn. Tumbling: White shoes or white foot covering **MAY** be worn.

No jewellery / piercings - underwear must not be seen.

Coaches – Jumpstart is a recreational event and therefore adopts a more relaxed approach to attire. However we must respect the venues rules and no outdoor or heeled shoes on the gym floor. The event may run as a theme so we encourage fancy or fun dress to reflect this as long as it is not offensive or inappropriate. You may wear your club tracksuit or full length tracksuit bottoms with a polo shirt or t shirt and appropriate gym/training shoes. Long hair should be braided or tied back so as not to obscure vision. Coaches will not be allowed on the competition floor if wearing any jewellery. If it is impossible to remove items of jewellery they should be taped.

Judges and Officials– casual but smart attire and if the event is themed then please make an effort to dress accordingly - no heels. Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Routine/Pass/Run Scoring- FIG rules on scoring will apply.

Unsafe Skills - Coaches use their own discretion and knowledge of the gymnast's abilities when choosing what level the gymnast will compete at. However, if a gymnast is performing a skill that is deemed to be unsafe they may be asked to withdraw from the competition. This decision will be made by: Chair of the Panel, the Trampoline Technical Committee chair/member & highest qualified coach in the hall.

Trampoline – Gymnasts will perform their chosen level routine twice.

DMT – Gymnasts will perform both passes from their chosen level. .

Tumbling – Gymnasts will perform both runs from their chosen level.

Disability – (Trampoline only) Gymnasts will be classified as per British Gymnastics classifications guidelines into Category 1 – learning disability and Category 2 – physical or sensory disability.

Routines/Passes/Runs

Trampoline: Ages 5 to 6 years May enter TRA Level 1 / 2 / 3 only

Level 1		Level 2		Level 3
Seat Landing	1	Front Landing	1	Half Twist to Front Landing
To Feet	2	To Feet	2	To Feet
Straddle Jump	3	Straddle Jump	3	Straddle Jump
Half Twist Jump	4	Seat landing	4	Seat Landing
Tuck Jump	5	To Feet	5	Half Twist to Seat Landing
Pike Jump	6	Half Twist Jump	6	Half Twist to Feet
Half Twist Jump	7	Tuck Jump	7	Tuck Jump
Tuck Jump	8	Pike Jump	8	Pike Jump
Seat Landing	9	Back Landing	9	Back Landing
To Feet	10	To Feet	10	Half Twist to Feet

	Level 4		Level 5
1	Full Twist Jump	1	Back s/s (T)
2	Straddle Jump	2	Straddle Jump
3	Half twist to Seat Landing	3	Half twist to Seat Landing
4	Half twist to Feet	4	Half twist to Feet
5	Half Twist Jump	5	Half Twist Jump
6	Pike Jump	6	Pike Jump
7	Back Landing	7	Back Landing
8	Half Twist to Feet	8	Half Twist to Feet
9	Tuck Jump	9	Tuck Jump
10	Front s/s (T)	10	Front s/s (P)

Junior Synchro: Minimum age 7. Pairs can be mixed age groups and mixed gender
Gymnasts perform Level 2 routine twice

Senior Synchro: Minimum age 7. Pairs can be mixed age groups and mixed gender
Gymnasts perform Level 4 routine twice

Disability Levels: *TRAMPOLINE ONLY*. Minimum age 5. Open age group and mixed gender.
Disability Gymnasts may enter TRA Level 1, Level 2 or Level 3

DMT Ages 5 to 6 years May enter DMT Level 1 / 2 / 3 only

	Level 1		Level 2		Level 3
Pass 1		Pass 1		Pass 1	
1	Tuck Jump	1	Pike Jump	1	Straddle Jump
2	Pike Jump	2	Pike Jump	2	Pike Jump
Pass 2		Pass 2		Pass 2	
1	Tuck Jump	1	Straddle Jump	1	Pike Jump
2	Half Twist Jump	2	Half Twist Jump	2	Half Twist Jump

	Level 4		Level 5
Pass 1		Pass 1	
1	Tuck Jump	1	Tuck Jump
2	Full Twist Jump	2	Front s/s (T)
Pass 2		Pass 2	
1	Tuck Jump	1	Pike Jump
2	Front s/s (T)	2	Front s/s (P)

Tumbling Ages 5 to 6 years May enter Level 1 / 2 / 3 only

	Level 1		Level 2		Level 3
Run 1		Run 1		Run 1	
1	Forward Roll	1	Straight Jump (walk out) (From a standing start)	1	Round Off
2	Straight Jump	2	Cartwheel	2	Flic
3	Forward Roll	3	Chasse	3	Half Twist Jump
4	Tuck Jump	4	Round Off		
5	Forward Roll	5	Half Twist Jump		
6	Half Twist Jump				
Run 2		Run 2		Run 2	
1	Cartwheel (From Standing Start, facing sideways)	1	Straight Jump (walk out) (From a standing start)	1	Handspring
2	Cartwheel	2	Round Off	2	Straight Jump (walk out)
3	Cartwheel (Finish facing Sideways)	3	Half Twist Jump (Walk Out)	3	Round Off
		4	Round Off	4	Straight Jump
		5	Straight Jump		

Tumbling cont.

	Level 4		Level 5
Run 1		Run 1	
1	Straight Jump (walk out) (From a standing start)	1	Round Off
2	Round Off	2	Flic
3	Flic	3	Flic
4	Flic	4	Flic
5	Straight Jump	5	Flic
		6	Straight Jump
Run 2		Run 2	
1	Round Off	1	Round Off
2	Flic	2	Flic
3	Flic	3	Tuck Back Sommersault
4	Half Twist Jump		